

Mashed Potatoes

Mashed potatoes are a typical holiday favorite. Often, they are served with gravy, which can be a problem for the gluten free lifestyle. However, now there are many gravies that are created gluten free. There are also recipes for making gravy using cornstarch. Most of these recipes did not cost much more than the average gravy recipe, which can be a great help. Sometimes, in place of gravy, a gluten free mushroom soup can be used, and it is often healthier than some gravies. Potato mashers can be used. However, they can be very difficult to clean.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Milk (lactose)
Pepper
Potato
Spices

Meatless Preparation Avoid:

Butter
Milk

Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Spoon
Pan: 8 quart stockpot

Ingredients:

Meat: None

Vegetables:

5 large baking potatoes, sliced or diced

Other ingredients:

2 tablespoons of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 5 baking potatoes.

No need to peel the skin off.

2. Add an 8 quart stockpot:

2 tablespoons of butter

5 large baking potatoes sliced or diced

Dash of salt

Spices, such as pepper, to taste

Enough water to cover potatoes and nearly fill the pan.

Optional:

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

3. Heat to a boil over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

5. When potatoes are soft, drain excess water and mash with a solid spoon.

6. Add additional butter, or lactose free milk, as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.